

**** Someone at least 18 years of age or older must bring you to the procedure, *remain at the facility during your procedure* and drive you home afterwards. Otherwise, your procedure will be cancelled. If you have any questions, please call 704-377-4009. Procedure times vary; delays may occur.**

****If you normally take the following medications, please contact the prescribing physician to make sure it is okay to stop them for the recommended number of days. If your prescribing doctor says that it is not okay to stop, please contact our office. **Do not stop aspirin for the procedure.****

Recommended days to stop prior to procedure:

Phentermine	7 days
GLP-1 agonists (like Ozempic, Mounjaro, Zepbound, etc.)	7 days
Coumadin, Plavix, Effient, Brilinta	5 days
Xarelto & Eliquis	2 days
Diabetic medications	Hold morning of procedure

2 days before Procedure:

Discontinue eating any corn, tomatoes, potato chips, nuts, popcorn, quinoa, or any fruit/vegetable with small seeds in it. Also avoid iron tablets (unless advised by a physician) and oil-based supplements (fish oil, etc.)

Purchase all 3 (no prescription is required):

1. MiraLAX – one 238-gram bottle, 2. Dulcolax – 2 tablets, and 3. Gatorade – 64oz (no red or purple)

Day before procedure:

- Start clear liquid diet in the morning: water, coffee (black), tea, pulp free juice, or clear soda.
- ***At 4pm, the day before your procedure, take the 2 Dulcolax tablets with water.***
- You may also have popsicles, Jell-O, Gatorade, and broth (**nothing red or purple**).
- No milk or milk products. This includes SlimFast, Ensure, protein drinks, and creamers.
- Please make sure you drink plenty of clear liquids throughout the day to stay hydrated.

****Your physician has recommended the **MiraLAX** cleanse on the evening before your procedure at **6:00 pm**. All prep is required for a complete cleanse.**

Evening before procedure:

- At 6pm, pour the bottle of MiraLAX and 64oz of Gatorade into a large pitcher and mix well until MiraLAX is completely dissolved. This mixture will be split into *two* doses.
- Drink one 8oz glass every 10-15 minutes until **first HALF** of the mixture is gone (approximately 32 oz).

**** If you experience nausea, bloating, or abdominal cramping, slow down or take a short break from drinking (*no more than 30 minutes*). Start again once you feel better and be sure to finish all the liquid within the set time.**

Morning of your procedure:

- **6 hours prior to procedure time**, drink the **second** dose of **MiraLAX** (approximately 32 oz). Drink one 8oz glass every 10-15 minutes until **second half** of the mixture is gone.
- If you take blood pressure medication, take it the morning of your procedure with a sip of water.
- If you take diabetic medication, hold morning of procedure.
- No gum/mints/hard candies/ice on the day of your procedure.
- No cannabis/ THC products day of procedure.
- **Do not drink anything else for at least 4 hours before your procedure time.**